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Tyndall Air Force Base, Fla. *Gulf Defender*

Feb. 23, 2001

Base pharmacy undergoing customer service 'facelift'

Reduced waiting, customer satisfaction forefront of pharmacy upgrades

Airman 1st Class Russell Crowe
325th Fighter Wing
public affairs

Customer service.

That's the forefront of Tyndall services. But when your office fulfills 299,094 requests a year, handling medications that could mean the difference between life and death, customer service takes on a whole new meaning.

With a 15-person staff, the Tyndall satellite pharmacy, located next to the base exchange, handles the majority of pharmaceutical traffic on base. From filling people's prescriptions, retirees to active-duty members', they have been the main pick-up point for ailing airmen, young and old, for quite some time.

But customer service needed a new look. And when you're dealing with 1,300 prescriptions and hundreds of patients a day — making you the sixth busiest clinic pharmacy in the Air Force — it had better be one that looks good.

For the facelift, Tyndall medical leaders decided the best way to reduce waiting times and ease the process of picking up medications was to open a second pharmacy. This pharmacy however, is located in the base clinic.

"There are about 400 prescriptions a day out of the 1,300 we fill a day that are coming from our providers, meaning they were seen by a

doctor on base. All those patients had to leave the hospital and come way over here to get their refills or prescriptions. For mothers that have been up all night with their child or people that are really ill, to have to go see a doctor at 'Point A' and then come to 'Point B' to get your medicine, it was a terrible inconvenience. That should be totally eliminated now with the opening of this new facility," said Maj. Russell Norfleet, 325th Medical Group chief pharmacist.

"The main purpose of the new pharmacy is to see patients that are seen by providers on base," said Master Sgt. David Ashley, NCOIC of pharmacy services. "It's a big convenience to patients. Before, you would be seen by a doctor over there, then come over here and fight the big crowd. With this new facility, it will cut down on congestion and waiting times in both facilities.

"Trying to help, trying to make the customer happy, trying to get them home quickly so they can get the rest they need, that's what this is all about," Sergeant Ashley added.

So where does all the business come from?

"People don't realize it, but over half our workload comes from patients that see doctors downtown, and a lot of it is for patients over the age of 65," Major Norfleet said. "This will benefit them as well. Now more active-duty troops that are seen by doctors on base will use the clinic pharmacy and that will keep traffic down in this facility, meaning a

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Tech. Sgt. Sean E. Cobb

Are you ready for some... prayer?

Bobby Bowden, head football coach at Florida State University, signs autographs Feb. 15 at the Pelican Reef Enlisted Club. Coach Bowden was the guest speaker at the Tyndall National Prayer Luncheon, a sold out event.

Military video helps spread message of social equality

Ms. Lynn Gonzales

Air Force Space Command
public affairs

PETERSON AIR FORCE BASE, Colo. (AFPN) — A Tyndall NCO played a major role in a military equal opportunity video that hopes to open up dialogues between races.

Tech. Sgt. Derrick L. Moore, now a project manager with the 325th Fighter Wing manpower and organization office, played Martin Luther King Jr. in the video. "I feel like the video is very enlightening," Sergeant Moore said. "I am proud to have played a part in it."

Sergeant Moore believes the video has an excellent message for the times. "I hope when people see the video they realize that even though they have different views, we can all be sensitive and caring to other people's views," he said. "I also think people will discover we have more in common than we all thought."

The scenario for the new video recently produced by the military equal opportunity office at F. E. Warren Air Force Base, Wyo., is in celebration of African-American History Month. It is called "The Sitting Place" and was based on a play written and directed by Tech. Sgt. Rob Palos, military equal opportunity office NCOIC at F.E. Warren AFB.

Performed for the base's Martin Luther King Jr. luncheon last

year, the play was such a hit that the MEO staff decided to videotape it for posterity.

The drama centers on a fictional conversation between King (played by Sergeant Moore) and Mayor Buford (played by Master Sgt. Jeff Stevens), the white mayor of an Alabama town in the early 1960s. It begins with the mayor confronting King for sitting on the whites-only bench in a town park. But as the 12-minute drama unfolds, it turns into a forum of ideas for race relations, yesterday and today.

Although the F.E. Warren AFB video will probably not be

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Airman 1st Class Russell Crowe

Shaken, not stirred
Mr. Jerry Gozum, a mobile unit assistant with the American Red Cross, processes blood units for temporary storage Feb. 16 at the community activities center. The Red Cross sponsored the blood drive, which added 169 units of blood to the local supply.

Bush: U.S. will be ‘sparing’ on overseas commitments

Sgt. 1st Class Kathleen Rhem
American Forces Press Service

FORT STEWART, Ga. — President George W. Bush said he is concerned about overextending U.S. troops with peacekeeping duties. “While my administration will honor the commitments previous administrations have made, we will be very sparing in how we commit our troops overseas,” President Bush said during an American Forces Information Service interview Feb. 12. He said he understands that frequent deployments wear on morale, and he doesn’t want to see that happen. “We will do everything we can to make sure we don’t end up trying to be the world’s peacemakers,” the

president said shortly after a speech here at the East Coast’s largest Army base. “What we are is the world’s peacemakers. And in order to make the peace, we must be prepared and strong.” The president reminisced about his own days in uniform as a fighter pilot in the Texas Air National Guard, saying he was most impressed with how well the military can train its personnel. “If they could train somebody like me to fly a high-performance fighter aircraft, they can train just about anybody to fulfill a mission,” he said, showing a little self-deprecating humor. “We must never forget that our military has been some of the greatest training grounds for youngsters of all walks of life,” he said.

He also wanted troops to know he takes his responsibility as commander in chief very seriously. “Responsibility begins with trust,” he said. “The bond of trust between the military and the people really begins with the commander-in-chief earning the trust of the people, then conveying the trust that the people have to the military — not only in word, but in deed.” The president took a step in that direction earlier when he announced before 6,000 soldiers and their families that he plans to spend \$5.7 billion on quality-of-life issues in the 2002 Defense Department budget. “The people who wear our uniform are some of the best we have to offer in our country,” he said. “The secretary (of defense) and I want them paid well and treated well.”

Save a friend's life.

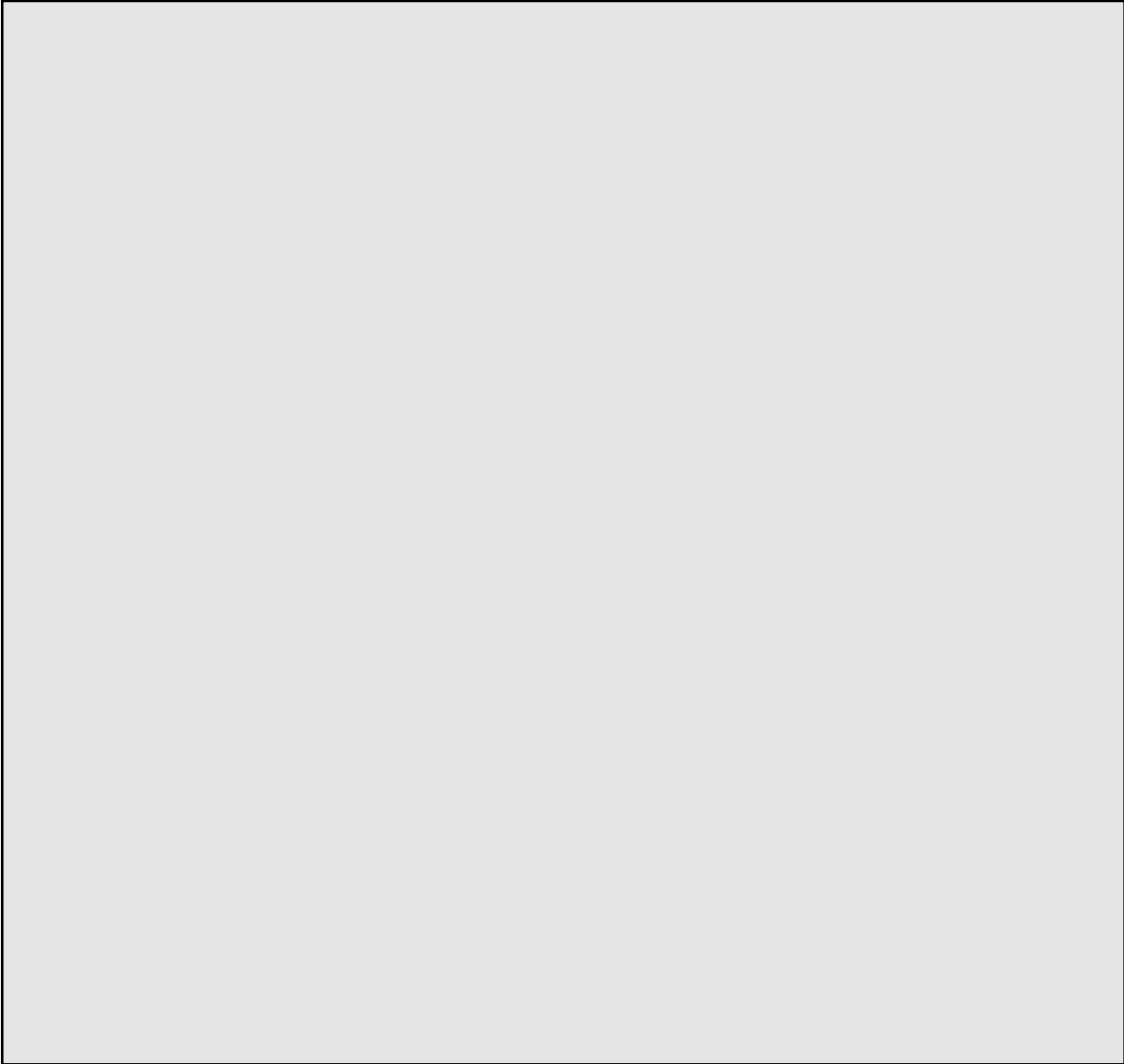
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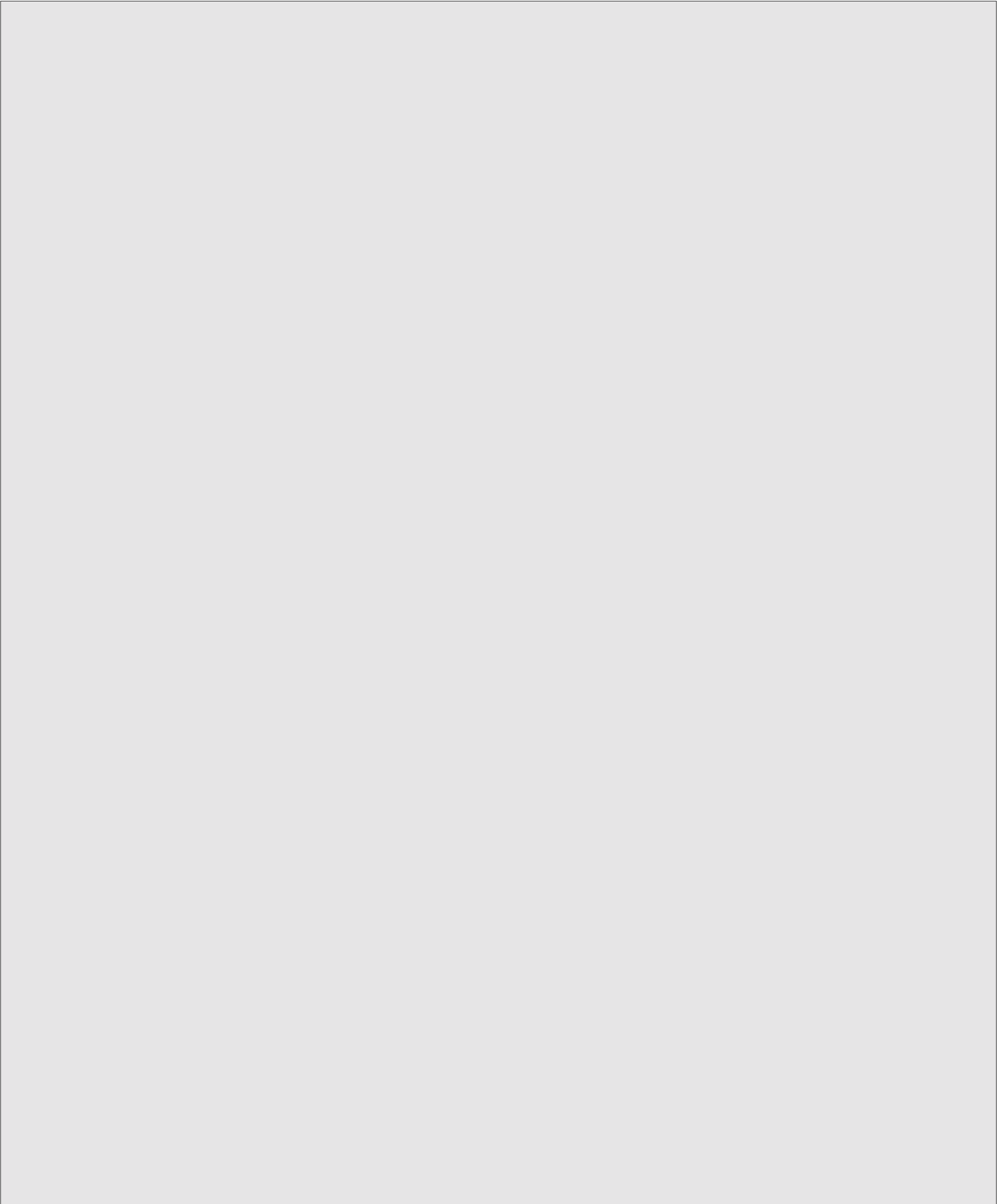
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TELL A FRIEND





Tips on how to get the most out of your money

Ideas to help make pay raises go further, longer

Senior Airman April D. Blumer
43rd Airlift Wing
public affairs

POPE AIR FORCE BASE, N.C. (AFPN)—With high gas prices, rising heating bills and expensive name-brand clothing, military families are searching for ways to get the most from this year's pay raise.

Money-saving tips are available at various web sites. Free financial management classes and one-on-one financial counseling are available at most base family support centers.

"There is no magic formula to make our money go further," said Deborah Belin, FSC personal financial consultant at Pope Air Force Base. "We just have to quit spending more than we earn."

Cutting down on spending does not mean leading a life of deprivation, but it does require using common sense and avoiding impulse buying.

Reducing auto fuel costs

● In addition to reading the owner's manual for fuel efficiency tips, Ms. Belin recommends planning errands to coincide with trips to and from work. Instead of going home, fixing dinner, then coming back to town to pick up the dry cleaning, pick up the dry cleaning on the way home;

● Ensure tires are properly inflated, and change the oil, spark plugs and filters as recommended in the owner's manual. Changing the oil at a do-it-yourself center instead of having it

done at a service station will also save money;

● Slow down. Driving at 65 mph rather than 55 mph increases gas consumption by 20 percent, according to a Federal Trade Commission publication. At 75 mph, gas consumption increases by 25 percent;

● Use the proper octane gasoline, no higher;

● Carpool.

Cutting heating costs

● Set the thermostat near 70 degrees. That should help decrease electric bills, said Ms. Belin whose gas bill has tripled this winter. But beware of leaving the heat on all the time. Gas heat and electric heat differ in the way and speed in which they heat a structure. Know if keeping the heat on continuously is the most economical for your system;

● If the house has a fireplace, use it. Prior to burning the first stick of wood, check the flue for possible blockages;

● Only use space heaters for short periods of time and only use those with safety features;

● If you keep your heating on all the time, turn down the heat at night and when not at home;

● Set your ceiling fans to the "winter" rotation;

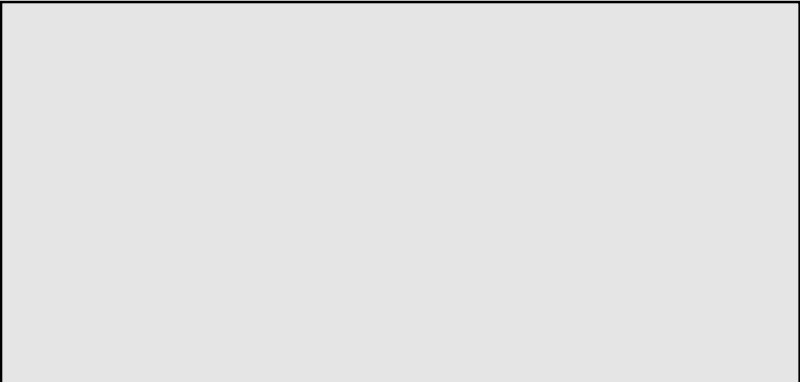
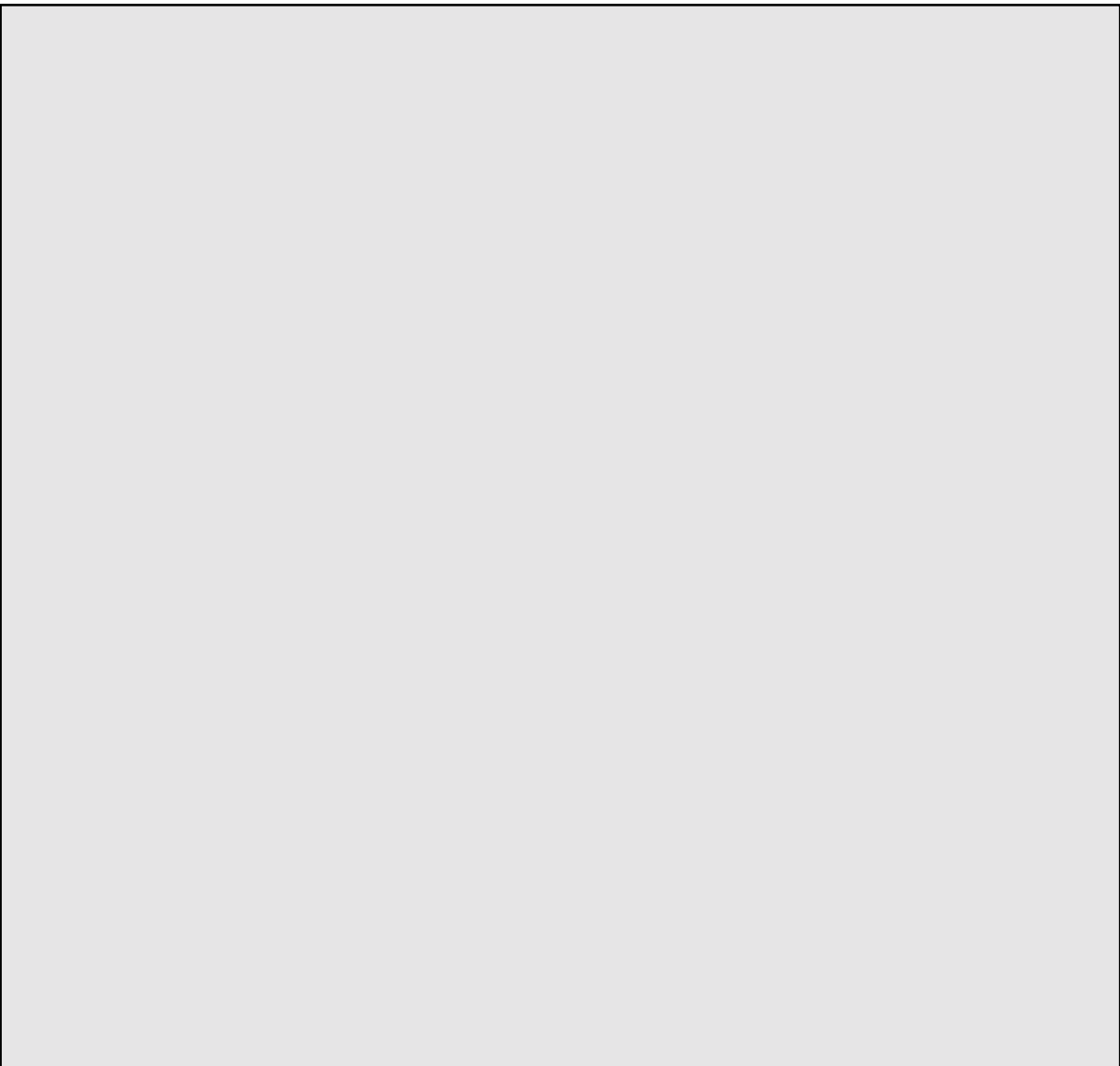
● Close off unused or rarely used rooms to conserve heat;

● Caulk and weather-strip doors and windows;

Wise grocery shopping

Spend wisely on groceries. "Some people have the misconception there is

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Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	1	-9
Traffic	5	0	-5
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	0	-14

Commander's Corner:



Brig. Gen. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

It's exactly one month until Gulf Coast Salute 2001. Maj. Dave Green and the open house committee are rounding the bend with the final preparations and it promises to be a great weekend. Everyone can help by spreading the word to family and friends to keep March 24-25 open on their calendars and plan to visit Team Tyndall. Our lineup includes the Air Force Thunderbirds, Army Golden Knights, the F-15 demonstration team, a jet truck, static displays and myriad vendors. The gates will open at 9 a.m. each day with activities until 5 p.m.

I want to take this opportunity to thank everyone for supporting two very important events this past week. First, the National Prayer Luncheon was a resounding success. To those who attended and especially the members of Team Tyndall who arranged the event — thank you. Also last week the American Red Cross held a blood drive. Thanks to Capt. Laura Palm, 325th Medical Group and Stephanie Skoglund, ARC, who organized the drive, 169 units were collected. There's an ongoing need for blood, and the supply is so short that some hospitals have canceled

elective surgeries. Let's not let the supply get any lower. Your support can make a life or death difference for someone. Thanks Team Tyndall for supporting these worthwhile events.

Finally, next week is Mardi Gras. All over the south people come together to celebrate this holiday, enjoy parades and eat some great food. We're no different in the panhandle and you'll be able to find Mardi Gras festivals right here in Panama City. I encourage everyone to learn about the rich history of this event, collect as many beads as you can, but always remember to be safe. Be sure to use the designated driver program if you plan to drink alcohol.

If you find yourself without a designated driver, you can call 867-2233 (AADD, Airmen Against Drunk Driving) 5 p.m.- 5 a.m. Friday and Saturday evenings. The ride is free and you'll remain anonymous. Also available is the wing taxi program. First sergeants or the wing safety office can provide you cards you simply fill out, give to the taxi driver and you'll be billed later. Although not anonymous, there are no questions asked by using the program. Remember to think before you drink. So, enjoy the festivities and have a great Air Force week!

Tyndall's chapel schedule

Protestant
Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service: 11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday
Catholic
Daily Mass: noon Monday through Friday, Chapel 2;
Reconciliation: After Saturday

Mass or by appointment
Mass: 5 p.m. Saturday,
Chapel 2
Mass: 9:30 a.m. Sunday,
Chapel 2
Religious education: 10:50 a.m.
Sunday
Chapel 2: 283-2925
For more information on
services or for information on
other faith groups, call 283-
2925.

Action Line



Airman 1st Class Russell Crowe

Lt. Col. Yolanda Jimenez, 325th Medical Operations Squadron commander and 325th Medical Group chief nurse, performs a monthly crash cart inventory with Staff Sgt. Paul Edwards, a medical technician in the internal medicine clinic.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors,

commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Celebrating Washington

Maj. Gen. William A. Moorman
Judge Advocate General

WASHINGTON (AFPN) — One of my favorite quotes is from the pen of George Washington. "Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all." These words provide a clear and forceful explanation of why we work so hard to help commanders maintain good order and, of course, discipline, within their units.

The quote comes from a letter Washington wrote to his regimental officers in 1757 when he was a colonel commanding the Virginia militia. That letter reveals much about the kind of commander he was, and it lays out amazing parallels between his day and ours. As we celebrate Presidents' Day, I'd like to talk about some of Washington's

thoughts.

The letter starts with a mission statement, "Gentlemen: The principal end proposed in sending you to the post to which you are ordered is to protect the inhabitants of those posts, and to keep them if possible easy and quiet."

Have you seen any mission statements more direct and effective than that? I found this passage to be enlightening because it reveals that mission statements are not simply the product of modern management programs; rather, they are time-tested devices that help focus an organization's efforts.

The rest of the letter could serve as a primer on military leadership and management.

Washington was adamant that his troops avoid interfering with private

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Spotlight



Tech. Sgt. Sean E. Cobb

Senior Airman Tiffany Netterville

Squadron: 325th Aeromedical-Dental Squadron
Job title: Dental technician
Years at Tyndall: One and a half
Hometown: Orangefield, Texas
Why did you join the Air Force: For education, travel, new opportunities and experiences.
Most exciting facet of your job: Oral surgery and working with patients.
Short-term goals: Getting my Community College of the Air Force degree and being accepted into a commissioning program.
Long-term goals: To earn my bachelor's and eventually a master's degree.
Favorite book: Anything by John Grisham
Favorite movie: "Dirty Dancing"
Hobbies and off-duty activities: Softball, coaching basketball for 5 and 6-year-olds and volunteering.

Tyndall Classifieds

- Guitarist/singer looking for musicians interested in playing. Call Russell at 648-6504.
- 1991 Vulcan 500, excellent condition, 10,000 miles, two helmets, vests, more. Asking \$1,925. Call Brian at 871-2380 for more details.

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●VIDEO from Page 1

confused with Hollywood productions, playwright Sergeant Palos’ message comes through with simplicity and strength: Communication is the key to learning, understanding and possibly accepting other perspectives.

“People can disagree, but they can still communicate and have a civil discussion,” Sergeant Palos said. “By doing so, they’re able to try and see the other person’s perspective. Sometimes that leads to progress.”

To create the two main characters, Sergeant Palos did extensive research on King’s beliefs, attempt-

ing to use similar phrasing found in his speeches. Sergeant Palos tried to put himself in an average southern 1960s white man’s shoes as well, trading stereotypical versions for a man struggling to understand why black people were protesting but not condoning violence.

The actors for both the play and video were close to the subject. Sergeant Moore was a member of the Martin Luther King Jr. observance committee and Sergeant Stevens was the superintendent of MEO.

Tech. Sgt. Chris Wuerthner, public affairs broadcaster at F. E. Warren AFB, filmed and edited the video. Fresh from performing in front of a live audience, it took only a day to

finish principal photography.

“This is one way of telling the Air Force story and showing how creative people are in the Air Force,” Sergeant Wuerthner said. “Someone sat down and wrote this play. We’ve got airmen who are actors and who are taking the time out of their day to learn this stuff and shoot it. It’s a total effort. It think it also showcases how talented people in the Air Force are and how they can do more than just their jobs.”

Copies of the video are available by calling the public affairs office at F.E Warren AFB, (307) 773-3381, or DSN 481-3381 and in a couple of weeks it will be available for viewing in the Tyndall MEO office.

Did you know?

Handy travel finance tips

●Anyone who travels on official travel orders must go through the commercial travel office to arrange for their air transportation and their rental cars for temporary duty assignments.

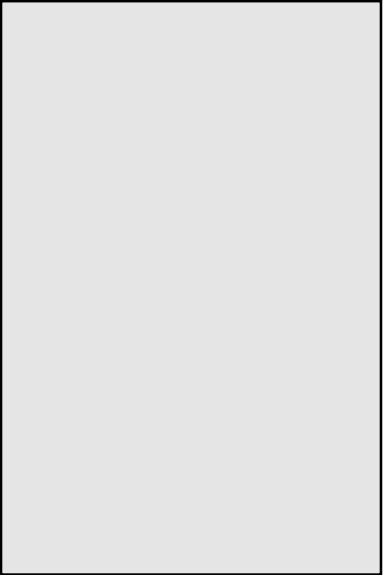
●In order to receive a temporary duty assignment reimbursement, a member’s orders must specify that a rental car is

authorized.

●Itemized lodging receipts are required when filing TDY travel vouchers.

●Travel receipts are required for all expenses of more than \$75.

●Military members must go to their orderly rooms for a duty-status stamp prior to filing their travel voucher.



Features

AEF warriors: Tyndall throws its mobility

the AEF pie as part of the



Henry L. Bohler, Trend Western supply technician, inventories a C-1 chemical bag. He is checking the shelf life on the items, condition of equipment and ensuring all items required are in the bag. The C-1 bag is one of the bags deployed members take on AEF assignments.

Tech. Sgt. Sean E. Cobb



Tyndall members go through a mobility processing line as part of a recent Crow. Normally generated by most AEF deployments, it is not normally needed unless



Tyndall members set up a general purpose medium tent at the base exercise c

y muscle into e daily mission



Courtesy photo

own Silver exercise. A mobility processing line is not
s there is a full-scale contingency deployment.



Courtesy photo

ontonement area during a mobility exercise.

Tech. Sgt. Sean E. Cobb
*325th Fighter Wing
public affairs*

Like the spring on a trap, Tyndall's finely tuned deployment machine winds tighter and tighter until POW! a tasking comes down and ZOOM!, just like Batman, there go more Tyndall troops off into the wild blue yonder. Even though Tyndall is a training base, a big part of the mission for many people here is to organize, train and equip themselves to support the nation's interests in the far corners of the globe, according to 1st Lt. Sarah A. Bestrain, 325th Fighter Wing logistics plans installation deployment officer. "Several hundred Tyndall people are assigned to Aerospace Expeditionary Force packages that are vulnerable to deploy within their assigned AEF period," she said.

These people play a critical role in the Air Force's AEF packages because every person counts toward the total number required to staff an AEF, Lieutenant Bestrain said. "Tyndall currently provides expeditionary combat support forces to theater commander-in-chiefs — primarily to Operations Northern and Southern Watch right now. We provide personnel to every AEF, from buckets one through ten, making us an important part of the overall AEF." An AEF bucket is a grouping of all the units vulnerable to deploy within a given three-month AEF period.

Tyndall's AEF deployment taskings are an active part of the mission, and will continue to be in the future, Lieutenant Bestrain said.

"Since Dec. 1, Tyndall has had more than 45 personnel deployed in support of AEF taskings, she said. "We anticipate seeing that number go up slightly during AEF buckets three and four."

Troops from Tyndall typically deploy in small packages, but there are several large teams as well, Lieutenant Bestrain said. "Normally our deployments in support of the AEF are in small teams," she said. "But we do have some larger teams, like the ones from the 325th Security Forces Squadron and 325th Services Squadron. Our largest is a security forces squad of 13 people."

When talking about people and units who deploy, it is important to note that the entire Tyndall community is involved with the AEF commitments, Lieutenant Bestrain said. "Our AEF teams not only include 325th Fighter Wing units, but tenant units are also a strong part of our AEF presence," she said.

With AEF taskings a fact of life, Tyndall personnel should understand that this is the best way the Air Force has found to provide responsive, versatile aerospace power on short notice with the right mix of forces at the right time, Lieutenant Bestrain said.

"The overriding purpose of the AEF concept is to provide predictability and stability to our personnel," she said. "This is important to every member of Team Tyndall, including family members."

The 325th Fighter Wing logistics plans office tries hard to ensure predictability and stability for Tyndall members, Lieutenant Bestrain said. "Our purpose is to ensure unit

commanders are kept informed of their deployment vulnerabilities and taskings so they can prepare their personnel to deploy," she said. "So basically we act as a communications link between Air Education and Training Command and Tyndall commanders."

Another office heavily involved with the AEF process on base is the 325th Mission Support personnel readiness unit. This office receives the notification of the AEF taskings and in turn notifies the units, said Staff Sgt. Zachary L. Holt, 325th MSS personnel readiness NCOIC. "We get good support from the units, and that makes our job easier," Sergeant Holt said. "We have excellent working relationships with the base unit deployment managers — they take care of us and we take care of them."

Looking at Tyndall's record of sustaining the Air Force's AEFs, Tyndall is walking the walk, Sergeant Holt said. "We fill all taskings levied to the base 100 percent," he said. "The only exceptions to that number are those that are canceled by higher headquarters."

The installation deployment officer agrees that Tyndall is doing its part for the AEF. "Our goal is to support the theater CINCs and we do a pretty good job of it," Lieutenant Bestrain said.

If you have any questions about your role in the AEF or when you are vulnerable to deploy, contact your unit deployment managers. You don't want it to be a surprise when SWOOSH!, you are asked to jet off to an exotic location other than Tyndall.



Tech. Sgt. Sean E. Cobb

Staff Sgt. Gregory S. Schulz, 325th Security Forces Squadron unit deployment manager, loads night vision equipment on a pallet that supports a security forces squad. A squad is a team of 13 people.



Tech. Sgt. Sean E. Cobb

Airman 1st Class Olivia M. Wanzo, 81st Test Support Squadron weapons director technician, dons her battle dress overgarment gear during a nuclear, biological, chemical refresher class at the 325th Civil Engineer readiness flight classroom Wednesday. This course is required annually for those assigned to mobility positions.

●FACELIFT from Page 1

reduced waiting time for them.”

In addition, a new robotic system helps to not only speed up the process, but make sure customers receive the correct drug.

“We’ve had this one here for a while, but the pharmacy in the clinic just received a machine a few weeks ago,” said Sergeant Ashley. “Now customers receive service from some of the most advanced equipment available. It really helps us with speed and it helps add to the accuracy and integrity of what we’re doing. It’s a tremendous asset.”

The machines hold around 200 different medications, and when prescriptions are loaded into a computer, the machine automatically fills a pill bottle, labels it and then sends the completed product down a conveyor belt to the pharmacist. The prescription is then double and triple checked to verify everything is correct.

“The technology really enhances the services we offer,” Sergeant Ashley said. “We’re here for the customer and this, along with the addition of a second pharmacy, are all improvements we’re trying to make to help them. Whether it’s through reduced waiting times or more convenience and comfort, customers are who we take care of and what we’re here for.”



Airman 1st Class Russell Crowe

Staff Sgt. Frank Rohrig, NCOIC pharmacy automation, verifies narcotic prescriptions Wednesday.

●WASH from Page 5

property rights (i.e., horses), unless the “interest of the Service indispensably requires it.” He enjoined against his troops making unauthorized treaties and was a stickler for maintaining an accurate paper trail regarding expenditures. The letter laid out how provisions should be distributed and defined who had what authority to

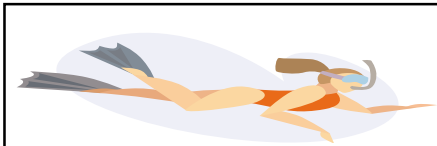
issue them. He went on to address proper military appearance and readiness and described how the duty to monitor these areas might be delegated.

Colonel Washington specified requirements for regular reporting on manpower, weapons and equipment (he didn’t use the terms “metrics” or SORTS but the concept was the same). He made it clear that he wanted to be

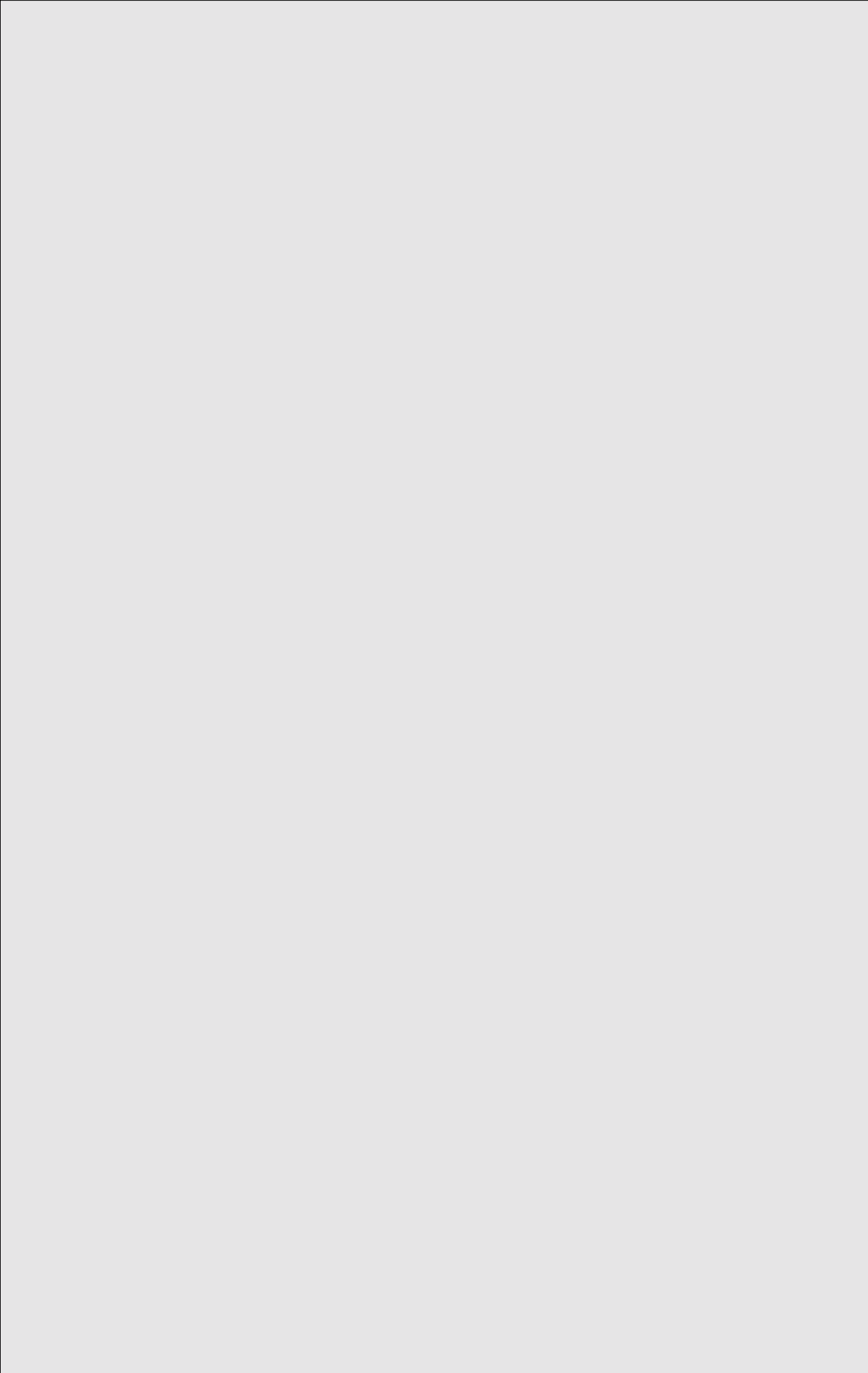
apprised “of all material occurrences in your quarter.” Sound familiar? He addressed funding limitations regarding military construction and repairs. Two paragraphs were devoted to military justice procedures, including the need to comply “exactly” with the Articles of War and the rules and customs of the Army. Another passage is worth quoting because it illustrates his expansive view

of military duties and deportment. “You are to use every imaginable precaution to prevent irregular suttlng, licentious swearing and all other unbecoming irregularities and to neglect no pains or diligence in training your men (when off duty) to the true use and exercise of their arms.” I took away two main lessons from this letter. First, George Washington paid great attention to detail yet always

kept his eye on the big picture, the welfare of his troops, his organization’s mission and the ultimate purpose of the military. Second, despite our living in a world dramatically different from his, the essentials of an effective military force remain the same — protecting people and property with a disciplined, ready and well-trained force, operating under the rule of law. Some lessons are simply timeless.




Every member of Team Tyndall is valuable. Play it safe, don’t become a statistic.



Tax tips

Service in Combat Zone - You are allowed extra time to take care of tax matters if you are a member of the Armed Forces who served in a combat zone, or if you served in the combat zone in support of the Armed Forces. The deadline for filing returns, paying any tax due and filing a claim for refund is extended for at least 180 days after the later of (1) the last day you are in a combat zone (2) the last day of any continuous qualified hospitalization for injury from service in a combat zone. In addition to the 180 days, your deadline is also extended by the number of days you had left to take action with the IRS when you entered the combat zone. For example, you have 3.5 months to file an annual tax return. You are in a combat zone from Dec. 25, 2000 to May 1. You may add the entire 3.5 months to the 180-day extension. For more information, contact the Tyndall Tax Office at 283-8152.





**Your link
to what's going on**

Gulf Guide

**in the
Tyndall community**

FEBRUARY

**SAT
24**

Black history month event

An annual black history month program event, held by the Florida Department of Corrections, Probation and Parole

Services will be noon Saturday at the Keaton Treatment Facility, located at 11th St. and East Ave. The theme for this year's event is "Creating and Defining the African-American Community: Family, Church, Politics, Culture."

**MON
26**

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets

9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

Breast-feeding class

A breast-feeding class will be 3-5 p.m. Monday in the family advocacy center. For more information, call family advocacy, 283-7272.

Anger-management workshop

The last meeting of the three-session anger-management workshop will be 1-3 p.m. Monday in the family advocacy conference room. For more information, call family advocacy, 283-7272.

**TUE
27**

Couples' workshop

The last meeting of the four-session couples' communication workshop will be 3-5 p.m. Tuesday in the family

advocacy conference room. For more information or reservations, call family advocacy, 283-7272.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:00-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7426, or Master Sgt. Perry Newberry, 283-4189.

Boating skills course

The Coast Guard Auxiliary Flotilla 19 boating skills course will be 7-9 p.m. Tuesday and Thursday evenings in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The optional full course ends March 1. The cost is \$30 for the new text and workbook. For more information, call John Clark, 271-3828, or visit the flotilla web site at: http://gctr.com/flot1_6.html.

**WED
28**

AFA luncheon

The Loren D. Evenson Chapter 355 quarterly members' luncheon will be 11:30 a.m. Wednesday in the Tyndall

Officers' Club. The guest speaker will be Lt. Col. Ted Kraemer, Southeast Air Defense Commander. The cost is

\$8 for Air Force Association members and \$10 for non-members. For more information, call Lt. Col. David Webster, DSN 523-5542, or e-mail:

david.webster@1staf.tyndall.af.mil

Eldercare class

An eldercare workshop presented by a representative of the Bay County Council on Aging will be 11 a.m.-12:30 p.m. Wednesday in the family support center classroom. The bring-your-lunch workshop topics will focus on locating and learning about various services that may provide assistance in caring for elderly relatives. For more information or reservations, call the family support center, 283-4205.

Parenthood-preparation course

The last meeting of the four-session parenthood-preparation course will be 3-5 p.m. Wednesday in the family advocacy conference room. For more information, call family advocacy, 283-7272.

Position opening

An opening exists for command chief master sergeant for the 92nd Air Refueling Wing, Fairchild AFB, Wash. The reporting date is May 31. Chiefs interested in applying can send their application package to: 92 ARW/CCC, Attention Chief Master Sgt. Johnny Wilford, 1 East Bong St., Fairchild AFB, Wash., 99011-9588. The package has to arrive no later than Wednesday. For more information, call Chief Master Sgt. Johnny Wilford, DSN 657-3732 or the military personnel flight, 283-2244 or 283-4144.

NOTES

Project officer needed

A project officer is needed for planning a Women's History Month event for March 1-31. The project officer who volunteers must be appointed by the 325th Fighter Wing commander. Military or civilian employees interested in volunteering may contact Staff Sgt. Darryll Woodson at the military equal opportunity office, 283-2739 or 283-2751.

Child-care program

A new extended-duty child-care program has been implemented designed to assist parents whose work schedules temporarily require child care beyond the Tyndall Child Development Center's hours. This additional care is provided in a contracted licensed family child-care home. Arrangements must be coordinated with the CDC and the Family Child Care Program. For more information, call family child-care coordinator Ina Crawford, 283-2266.

AFROTC opportunity

The Air Force Reserve Officer Training Corps is offering an opportunity to simultaneously finish a degree and earn a commission as a 2nd lieutenant in the Air Force. Qualified personnel who can graduate with at least a bachelor's degree in any academic major in Fiscal 2002 may be

eligible. For more information and eligibility requirements, call or visit the base education office, 283-4285.

Local Mardi Gras

The Mardi Gras on Panama City Beach festival and parades will be held on Front Beach Road and in the Club La Vela parking lot today through Sunday.

Lost and found

The 325th Security Forces Investigation's Lost and Found has jewelry, watches, keys, wallets, pagers, bikes, glasses and automatic teller machine cards in their inventory. Anyone wishing to claim lost property can call Security Forces, 283-1630, between 7:30 a.m.-4:30 p.m.

RETIREE NEWS

Making a will

Many retirees believe that those nearest and dearest to them will automatically inherit assets after their death. This is partially correct. Proceeds from trusts, insurance policies and accrued but unpaid military benefits will go directly to named beneficiaries. However, if you do not have a will, the rest of your property will be distributed according to state law.

The absence of a will can unnecessarily complicate the settlement of an estate. A will can be short and simple as long as it clarifies your wishes. Once prepared, the will should be reviewed and updated if required every few years or when a major change in life occurs, such as a divorce, new marriage or death of a beneficiary.

The Tyndall legal office can, by appointment, prepare both traditional and living wills for retirees. For more information, call the legal office, 283-4681.

Death of a Social Security beneficiary

When a person receiving Social Security benefits dies, a family member or other person responsible for the beneficiary's affairs should promptly notify Social Security of the death by calling toll free, (800) 772-1213. If monthly benefits were being paid by direct deposit, notify the bank or other financial institution of the beneficiary's death. Request that any funds received for the month of death or later be returned to Social Security as soon as possible. If benefits were being paid by check, do not cash any checks received for the month in which the beneficiary died or thereafter. Return the checks to Social Security as soon as possible.

A one-time payment of \$255 is payable to the surviving spouse if he or she was living with the beneficiary at the time of death, or if living apart, was receiving Social Security benefits on the beneficiary's earnings record. If there is no surviving spouse, the payment is made to a child who was eligible for benefits on the beneficiary's earnings record in the month of death.

Information on filing for benefits can be downloaded from the Social Security internet site at: www.ssa.gov, obtained from a local Social Security office or by calling (800) 772-1212.

YARD SALES

The following yard sale is scheduled for Saturday: 2961 Sidewinder St., 2827-A Sentry Lane and 3111-A Dagger Drive. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Double Take" (PG-13, violence and language, 88 min.)

Saturday: "Thirteen Days" (PG-13, brief, strong language, 138 min.)

Sunday: "Thirteen Days"

Thursday: "Double Take"

●All movies start at 7 p.m.

●SAVE from Page 4

no savings at the commissary,” Ms. Belin said. “If you figure up your grocery bill over time you will see a savings of 25 percent or more.”

- Buy store brands;
- Purchase pre-packaged fruits and vegetables, such as bagged apples or carrots. They are often better values. Typically there is more produce, weight-wise, in the pre-packaged containers than what is advertised, yet the price remains the same;
- Prepare a grocery list and meal plans, then stick to them. Remember, convenience foods are typically more

expensive than prepared meals;

- Never shop for groceries while hungry;
- Use coupons and refund forms only if you would buy the product anyway, and if it is cheaper than buying an alternative product;
- Compare unit prices to find the best deals. It may be a better deal to buy an item in a larger quantity;
- Buy fruits and vegetables that are in season;
- Use cheaper cuts of meat or less expensive meat than called for in a recipe.

Save on clothing costs

Clothing costs can be reduced if

people make wiser consumer decisions about the cleaning and purchasing of clothing items.

For example:

- Although machine washable clothes help avoid dry cleaning bills, ensure you dry clean “dry clean only” clothes to prevent irreparable damage;
- Take advantage of off-season sales;
- Consider buying clothing from discount stores instead of high-priced shops.

Smart purchase of a new car

Purchasing an additional or new car can also be a headache for people. Some tips for buying a new car include:

- The premium time to buy a new

car is when the next year’s models are starting to hit the lots, said Ms. Belin. Dealers are anxious to make space for the new vehicles. Also buy near the end of the month when salespeople and dealers are trying to meet their quotas;

- When adding up vehicle costs, consider other factors such as gas mileage, financing charges, property tax, insurance and maintenance. Using a car-buying computer program, and FSCs usually have one available, can help estimate yearly car expenses.

Many times individuals make a New Year’s resolution to start investing money. Potential investors need to face the investment world fully educated.

Contact a credit union or a bank about investment possibilities,” Ms. Belin said. “Through them you can

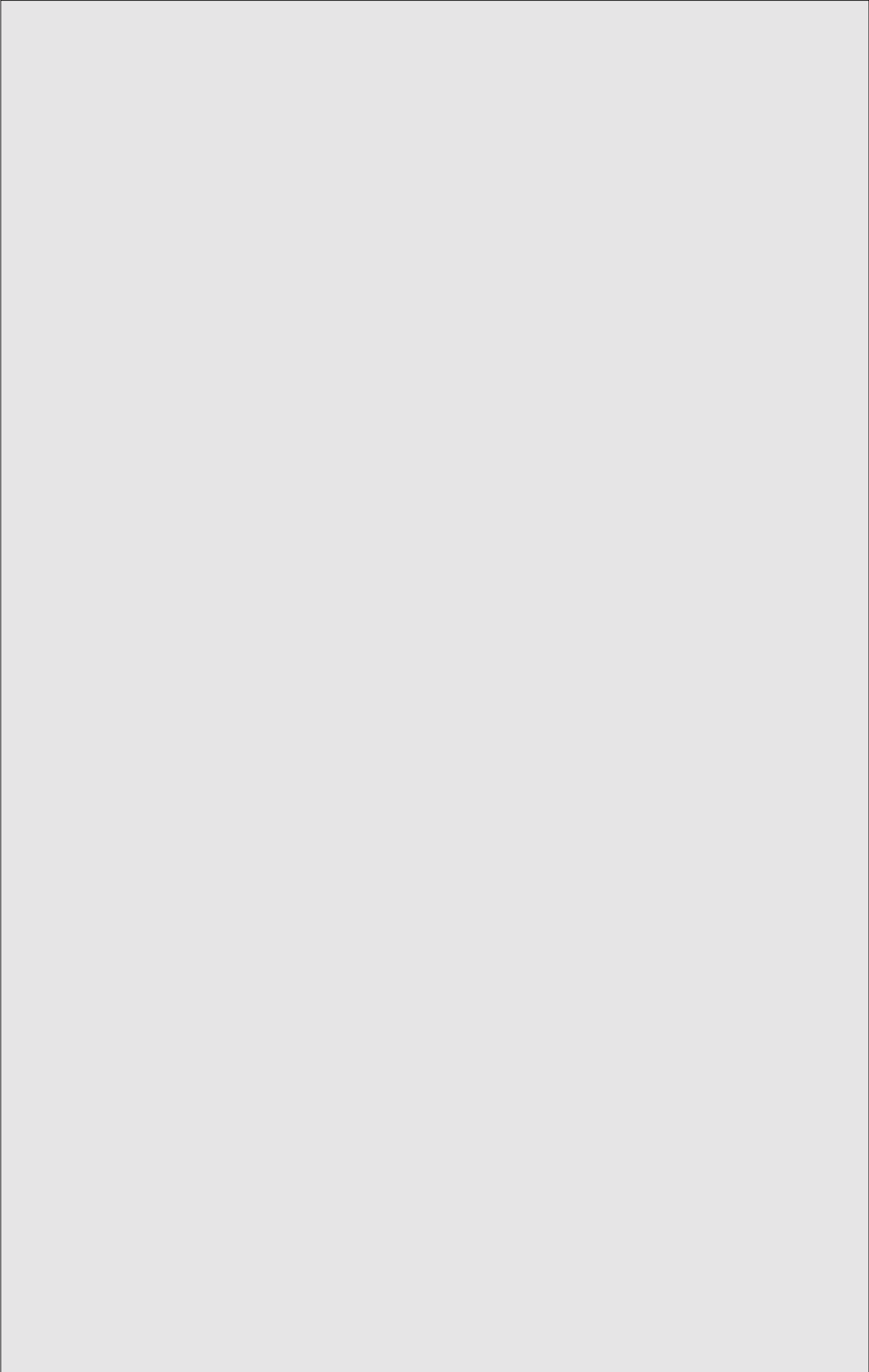
become better educated about investing as they walk you through your goals and investing personality.”

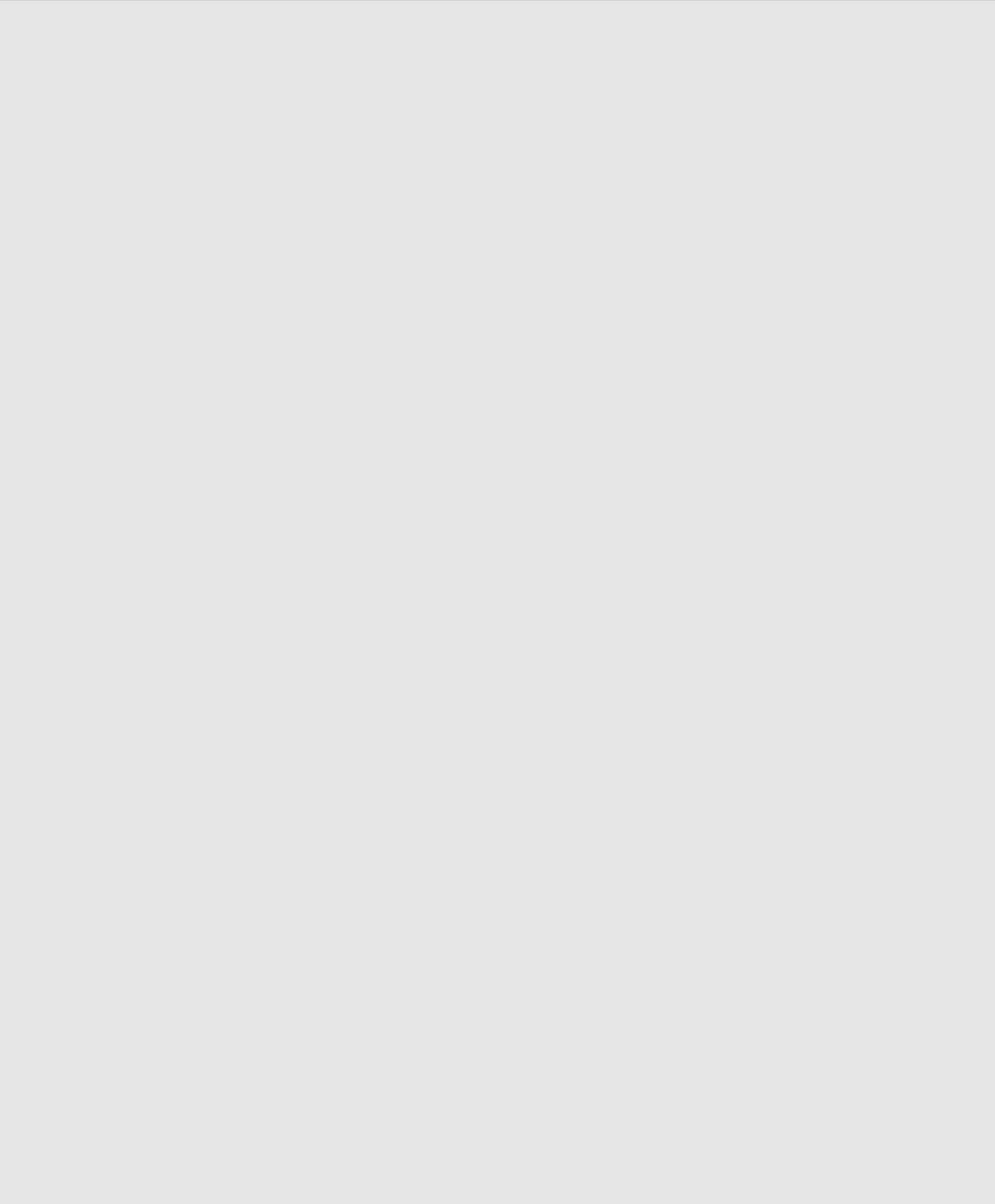
For those in debt, regardless of the amount, free classes and counseling are available. Call the base FSC.

Ms. Belin said the popularity of financial classes is on the rise, largely because people are finding themselves overwhelmed with “easy credit” bills.

She challenges her class members and those she counsels to write down every dollar they spend for a month to find out exactly where their money is going.

“When you know where your money is going, you’ll find the leaks in your budget. These leaks are where your money is getting away from you. Then you can start to patch the leaks,” she said.





Sports and Fitness

Steady walking wins calorie-burning race

Courtesy of the American Heart Association

Everyone agrees with the public health messages that call for regular, moderate exercise. However, the best way for the average couch potato to exercise is as clear as mud. Now results from a small study suggest that ideally, daily exercise should come in one steady dose, instead of 10 minutes here and there.

In a study of 30 middle-aged women, researchers found that walking briskly for 30 minutes straight burned more calories compared with taking three 10-minute walks throughout the day. The calorie difference could amount to losing roughly 5 pounds per year, the authors report in the January issue of *Medicine & Science in Sports &*

Exercise.

Dr. Janet E. Fulton of the Centers for Disease Control and Prevention in Atlanta, led the study. Dr. Fulton’s team measured the women’s calorie expenditure over three days: one in which they walked briskly for 30 minutes; another in which the exercise was broken into three 10-minute walks; and one day of rest.

The investigators found that continuous walking burned about 60 more calories per day than “intermittent” walking. While the difference may seem small, according to the researchers it can translate into a significant difference in weight over time—assuming calorie intake remains the same.

When it comes to public health recommendations for exercise, Americans hear conflicting messages.

The National Institutes of Health tell healthy adults to accumulate at least 30 minutes of moderate exercise on most days. But other experts advocate moderate-to-intense activity for 20 to 60 minutes straight, three to five days per week.

The NIH recommendations stem in part from the belief that inactive people may be more likely to take up short bouts of exercise, according to Dr. Fulton. And, she noted, some exercise is better than none. For instance, some studies have shown that brief periods of activity may improve heart health.

But, generally, according to Dr. Fulton, short bursts of activity should be just a stepping-stone to more steady activity.

“In my mind,” she said, “we shouldn’t settle for 10-minute bouts.”

Intramural over 30 basketball			
Squadron	Wins	Losses	
1 FS	8	1	
AFCESA	8	1	
OSS	6	3	
SEADS	6	3	
RHS	4	4	
CONR	4	5	
TRS	4	5	
MDG	2	6	
TW	2	7	
LSS	0	9	

Intramural basketball			
Squadron	Wins	Losses	
95 FS	8	1	
TRS	8	1	
COMM 1	6	3	
SVS	6	3	
2 FS	6	3	
WEG	6	3	
OSS	4	5	
1 FS	3	6	
COMM 2	3	6	
MDG	2	7	
MXS	2	7	
83 FWS	0	9	

Tyndall varsity softball team wins ‘Softball Softies Classic’ tournament

The Tyndall/King Aerospace Men’s Varsity Softball Team finished first place in last week’s “Softball Softies Classic” softball tournament in Fort Walton Beach. The team went 4-1, beating Hart’s Construction in the finals, 18-17, to capture the title. This year’s coach, Kevin Howell said, “This was our first tournament since tryouts and the team played very well. The guys played great

defense and we had timely base hits. It was an entire team effort.”

This year’s team members are Ron Ward, Carl Collins, Carlos Rojas, Bryan Gerlt, Roger Stewart, Tim Megee, Rob Johnson, Brian Crouse, Bill Russell, Mark Thomas, Orin Bertrand, Rob Kindernay, Tom Anderson, Chad Ryan, Darrell Gary, Bill Allen and Nasir Bailey.

